



Daily Word

A UNITY PUBLICATION

OCTOBER 1959

Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.



PRAYER FOR ILLUMINATION: My whole attention is directed to God, and my guidance is sure and unfailing.



PRAYER FOR PROSPERITY: I am open and receptive to God's ideas and I am successful and prosperous.



PRAYER FOR HEALING: My mind is open and receptive to God's ideas of perfection, and I am renewed and restored in mind and body.

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The Altar Ever Near You

EUGENE N. SORFLATEN

WHERE MAY I worship? This is the unceasing cry of the human heart.

Man must worship somewhere. Man must worship something. If he does not worship a Prince of Peace he may embrace a god of war. If he loses sight of the God of life he may manufacture a god of death. If he forgets that his God is good, and good only, he may fabricate a god who wills sickness and lack. And he worships.

Man's worship takes place at an altar. This altar is the place where a man meets his god. This may be an outer place, a work of wood or metal or stone. But more important is the altar every man has in his own heart. Real or false, loving or vengeful, every man's Lord meets him there. Every meeting has significance. Every movement has meaning. Each sharing of Spirit should be weighed in the balance of what is the good, the true, the lasting.

We may ask ourselves: "Is the Lord I place in charge of my being the One who is loving, wise,

and sustaining?" Or we may ask: "Have I let my heart's altar be raised to a lord of my own manufacturing, with sickness his scepter, discord his throne, and anxious thoughts his angels?"

If this is what I have done, I willingly change! I now dedicate my altar—the place in my consciousness where I meet with the Lord of my being—to the one true God.

Many persons are inspired by the beauty of the high altar in a great cathedral. One such altar, which comes to my mind, is in New York City. This high altar, at the eastern end of the cathedral, was made in Italy of purest marble inlaid with alabaster. The altar screen is of carved Poitiers stone and came from France. Man has expressed love and beauty in this altar and in many other altars he has constructed. Man must express love and beauty in the altar of his heart.

In the traditional sense an altar is a base or pedestal used for sacrifice or prayer to a deity. Made by man, it has its beginning in the mind of man. That beginning, that place which the altar represents, is the point in man's consciousness where he meets his Lord face to face. The place is fixed, definite, and real, and becomes a holy place as we give it recognition. The altar within us is created of the substance of our thought. The altar within us takes form and grows in value ac-

cording to the importance with which we regard it. Simple, plain, or complex, as we wish to make it, is the altar within us. This altar is the definite center in our consciousness where we say: "Lord, here am I."

Just as our concept of God changes, so does man's concept of altars change. Recent excavations have shown that the earliest altars, really sacrificial hearths, of Palestine were circular spaces marked out by small stones set on end. Later the primitive Semites seemed to feel that the presence of divinity was indicated by springs, shade trees, remarkable rocks, and other landmarks. Then artificial heaps of stones or upright pillars were erected and libations poured over them. Finally there was added a table for the sacrifice.

Primitive Hebrew altars were simple, probably in keeping with the regulation preserved in Exodus, that in every place where Yahweh records his name an altar of earth or unhewn stone without steps or ornamentation shall be erected. Later, the Hebrews raised two altars, one for burnt offerings placed in the center of the court of the tabernacle, on which a fire continually burned. The other was an altar of incense located in the holy place of the tabernacle, upon which an offering of incense was made twice a day. Today we are thankful for the simple assurance of the

altar within us, where we meet our Lord in love, and in quiet say: "Father, here am I."

There is a spirit within us that recognizes all men as brothers. Unless influenced by unworthy beliefs and opinions, we respect the right of another to worship at the altar of his choice. We recognize the altar as a symbol of the place where each man meets the Lord of his being, the Father of us all.

Man must worship somewhere. Man must worship something.

So let us survey the altar of our heart, the point at which we meet our Lord, and see that it is constructed of positive, pure, worthy substance, unadulterated by beliefs in sickness, lack, or evil. Let us be certain that the offerings we bring to this altar represent all that we know to be true and good.

"Father, Love Thou art, and loving I would have Thee at my altar. Life Thou art, and living I would worship Thee. Faith Thou art, and in faith I see Thee, listen for Thy guidance, recognize Thee in my world.

"Father, Thou whom I have seen in Christ Jesus, take the thoughts with which I come to Thee. Accept them. Raise them. Renew them. True them to Thine own pure estate. At the altar of my heart, Lord, be ruler."

Just Try It!

HAZEL JAY

DO YOU want to grow? You can! Do you want to learn something new? You can! Do you want to develop latent abilities? You can! "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Not, "Ask if you are a certain age. Seek if you have these qualifications. Knock if you live in this environment." This promise as it is written is for you. This promise is for anyone who will receive it.

When Jesus said: "Whosoever shall not receive the kingdom of God as a little child, he shall in no wise enter therein," He was pointing out the need to be childlike in our eagerness to grow. He was pointing out the need to let the inquiring, teachable spirit of a child spur us on to new expression and accomplishment.

Living is a matter of growing. Growing is a matter of knowing, and it is not a matter of closing one's eyes, extending one's hand, and expecting the desired good to fall into it. It takes an understanding of God as the source of wisdom, it takes zeal, courage, faith, and a willing spirit to grow. It takes the ability to center one's attention

on the things to be done, and it takes application to the work at hand.

If we want to learn, to comprehend, and to explore the new, we need an open mind. We need to be eager and ready to accept the inspiration and illumination that come to us from God. He is the source of all light and understanding, and when we look to Him, we find that there are no limits, no restrictions on our powers of comprehension. As we find there are no limits on our powers of comprehension, we find there are no limits on our ability to learn—we become teachable.

Many persons fail to accomplish the good things they desire to accomplish because they allow the idea of age to limit them. They say of themselves: "I am too old to learn. New methods are too much for me, new practices are beyond my comprehension. New avenues of endeavors are closed to people my age."

Science has exploded these notions. And, Unity teaches the falseness of such ideas. The best time to learn anything that we want to learn is right now. And, just where we are at this moment is the place to begin learning.

There is no doubt that a good time to learn something new is just before we anticipate using it. But, if we have learned something in the past and have not used this knowledge recently, we

can refresh our mind. Just as we are teachable through knowing our oneness with the source of light and understanding, our memory is quickened and the storehouse of our mind is opened as we let God inspire us.

To learn anything new—which may mean unlearning something familiar—or to go on to further learning, we need both zeal and courage.

Charles Fillmore has said: "To be without zeal is to be without the zest of living. Zeal and enthusiasm incite to glorious achievement every aim and ideal that the mind conceives. Zeal is the impulse to go forward, the urge behind all things. . . . The man without zeal is like an engine without steam or an electric motor without current." And, of course, our zeal is tempered with good judgment, because we first look to God as the source of our light and understanding.

Then we must have a willing spirit to support our zeal and courage. We must be willing to let God inspire and direct us. We must be willing to maintain the faith that with God all things are possible. We must be willing to accept the idea that age, training, environment are not barriers to our learning new things. We must be willing to apply ourselves and our energies. We must be willing to work with God.

As we work with God we can affirm and reaf-

firm our faith in our ability to learn. We can declare: "I am one with God, the source of all wisdom. I am filled with zeal and courage. I am willing and teachable."

We will find that the best time to learn is right now—whether we are nine or ninety.

Just try it!

THERE IS A LIGHT THAT SHINES FOR YOU

You need never feel alone—not even on the darkest night. Silent Unity is no farther from you than a prayer's length.

In a room of a building in Unity Village where a light is shining from a window someone is praying, someone with a spirit kindred to your own, someone whose thoughts reach out to you in faith, someone whose heart reaches out to you in love. The light in this window shines for you.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, BAaltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

Silent Unity is as the Christ light lit in the window of the world. If you are a traveler on the road of prayer, this light shines for you.



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Virginia:

I have just received a wonderful letter from a friend in West Australia. I met her on a bus tour of the western states last summer. I gave her a copy of DAILY WORD and the little book, "Wherever You Are God Is." I happened to have these in my pocketbook. She was in a terrible state of fear and resentment, and I advised her to get in

touch with a Unity Center before she sailed for home. She did, and purchased books and subscribed to DAILY WORD and now she writes me of four wonderful changes in her life and affairs, and she wrote to thank me for "help to a lonely stranger on a bus." We never know when our words and interest will bear fruit.

From the Republic of Panama:

My father became sick. That same day my DAILY WORD lesson was for healing. The idea was that Jesus Christ heals. I began to use the lesson in my father's behalf, and he made a wonderful change. I am giving you my thanks for the blessing that lesson brought to us.

From England:

I am grateful for the help you have been to me. I spent a very happy holiday in California two years ago and on leaving, a good friend (whom I had made while there) and I felt the parting very much. In our last farewell just before the boat sailed, I said, "Have you a daily reading we could both read and feel near?" She said, "Why, yes. But I did not know that you were interested in such things." So, through DAILY WORD the miles that separate us do not seem so many.

Thursday

OCTOBER 1

THIS IS A DAY OF FREEDOM, JOY, AND PEACE.

I BEGIN this day with the thought that it is a day of freedom, joy, and peace. I think of what freedom means to me. What is it that I feel has hindered or limited or bound me? Today I am free. Today I have broken the bonds of negation. Today through Christ I am set free from old thoughts, old conditions, old doubts, old ways. This is a day of freedom.

I think of what joy means to me. I now let go easily of anything that has made me sad or depressed, anything that has weighed on my heart or mind. I feel joy today. The irrepressible, effervescent, bubbling joy of the Spirit is strong within me. The joy of the Lord is my strength.

I think of what peace means to me. Whatever may have disturbed or distracted or annoyed me now loses all power or hold over me. I am filled with great peace, the peace of God. I am calm all through this day. I am poised all through this day. I am at peace all through this day, because my mind is stayed on God and my trust is in Him.

*This is the day which Jehovah hath made;
We will rejoice and be glad in it.*

—PSALMS 118:24.

OCTOBER 2

Friday

I AM RELEASED FROM ALL THOUGHTS OF REGRET, FOR GOD'S LOVE AND WISDOM HAVE REDEEMED THE PAST.

I REFUSE to become emotional over past mistakes. I turn prayerfully to my Father-God and I release thoughts of regret and thoughts of self-criticism. Through prayer I make myself open and receptive to God's forgiving love and to His infinite wisdom.

I realize that just as it is important for me to learn from my experiences, it is important for me to release worry thoughts concerning the past. When I remain downcast because of mistakes in judgment, when I remain discouraged and embarrassed because of things I have done, I am simply marking time. When I accept the lessons that come to me, when I am aware of the need to do things in a different and a better way, then I am growing.

As I keep an awareness of my Father's love and wisdom, I become ever more sensitive to the promptings of His Spirit. I make the present moment a rich, productive time filled with activities that bless me, and through me bless others.

♣ *Fear not, for I have redeemed thee.*—ISA. 43:1.

Saturday

OCTOBER 3

"BLESSED ARE THE PEACEMAKERS" AND
BLESSED AM I, FOR I AM A PEACEMAKER.

TODAY'S PRAYER helps me to prepare myself for peace. In everything I do I will express peace. Everywhere I go I will be peaceful. I will maintain a peaceful attitude. I will be a peacemaker.

In my home I will go about each task with peace in my heart. I will be a center of peace in my household. If anyone in the home becomes inharmonious, I will bless him and behold him a peacemaker.

In my work I will be a peacemaker. I will be enthusiastic and loving. Should any inharmony or friction arise, I will bless the situation. I will bless all the persons concerned and see them as peacemakers.

If I should meet people on the street, in the bus, or in the stores who are thoughtless, resistant, rude, or impatient, I will keep my peace, I will express peace, and I will bless them with a thought of peace. With today's prayer I prepare myself to be a peacemaker.

✦ *Blessed are the peacemakers: for they shall be called sons of God.*—MATT. 5:9.

OCTOBER 4

Sunday

I LAY BARE MY SOUL TO GOD IN HONEST PRAYER AND I AM ILLUMINED AND BLESSED.

SOMETIMES we try so hard to impress others with our worth and goodness that we are afraid to be our real selves, to expose our real thoughts and feelings for fear they will be found unworthy. Sometimes we even approach God in prayer in this attitude. We think to cover up our real thoughts and longings and desires by prayers of the lips and not of the heart. And so we do not feel close to either God or man.

We need not fear to face life honestly. We need not fear to face God honestly in prayer. The self of us that we try to keep in the background, to submerge under self-deception and pretense is more worthy and wonderful than we know. When we approach God in prayer with simple trust, with as complete honesty as possible, we find release and peace, and light begins to shine in even the darkened corners of our mind and heart. Our honest prayer for light never goes unanswered. Our honest prayer for understanding is heard. Our honest prayer for Truth sets us free.

♣ *Ye shall know the truth, and the truth shall make you free.—JOHN 8:32.*

Monday

OCTOBER 5

I CENTER MY FAITH IN GOD, AND ALL THE AFFAIRS OF MY LIFE ARE BLESSED AND ENRICHED.

SINCE A great deal of our thought, effort, strength, and will are poured into the business of making a living, it is certainly important that we spiritualize our thoughts about supply. For unless we do, we find that we are placing the emphasis of our thought on material things and on the gaining of them.

Jesus said, "Be not therefore anxious . . . for your heavenly Father knoweth that ye have need of all these things. But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you."

"Seek ye first his kingdom." Jesus also told us that the kingdom of God is within us. To seek first His kingdom is to seek after and to come to know the nature of God within us, to grow in the faith and the knowledge that our existence is centered in God, that He is our source, our substance. When we center our thoughts, our faith, our efforts, our will in God, then all the outer affairs of our life are blessed and enriched.

♣ *All these things shall be added.*—MATT. 6:33.

OCTOBER 6

Tuesday

I DO NOT WITHHOLD MY LOVE AND BLESSING FROM ANYONE. I LOVE AS GOD LOVES.

I LOVE you, I bless you, I have faith in you." We do not find it difficult to say these words in our heart about someone we love, admire, and approve of. But it may seem a test of our spirit to say such words as a silent blessing to someone who has hurt or criticized us, to someone we disapprove of. Yet, to do this is to grow spiritually, it is to go beyond the expected or accepted and to learn to love as God loves.

We are often tempted to pray that someone we disapprove of will change his ways, that he will become the kind of person we think he should be. But the prayer of divine love is the prayer that affirms the innate goodness and divinity of the one for whom we pray, and is a blessing to him. The prayer of divine love releases God's loving, forgiving Spirit in our own heart and this is a blessing to us.

So we do not withhold our love and blessing from anyone. We love as God loves.

♣ *If ye love them that love you, what thank have ye? . . . But love your enemies, and do them good . . . and ye shall be sons of the Most High.—LUKE 6:32, 35.*

Wednesday

OCTOBER 7

I LET THE RADIANT LIGHT OF GOD SHINE
THROUGH ME.

LORD, give me a bright and pleasant countenance. Let my face express and reveal that which I believe: God is all. God is good. Nothing is impossible to God.

Let the expression of my face kindle new joy and new hope in the heart of every person who sees me. Let my eyes shine with kindness, bringing a friendly warmth to lonely hearts. Let the upturned corners of my mouth uplift the drooping spirits of those who are sad. Let me be quickened to hear the good and to recognize the good.

Let the joy generated in my heart be so contagious, Lord, that everyone catches it. Let my voice give sound to this joy. Let my buoyant step lead my way where joy is needed. Let the things that my hands find to do be constructive things.

Lord, touch me with Thy transforming Spirit. Fill me, mind and body, with Thy radiance. Let me be the best person that I am able to be. Enlarge my capacity to give a lilt to life, and a lift to others.

Let your radiant light shine through me.

♣ *His face did shine as the sun.*—MATT. 17:2.

THERE IS NOTHING TO FEAR. THROUGH CHRIST IN ME I MEET LIFE COURAGEOUSLY.

I AM strong and courageous. I meet life victoriously. Nothing can daunt me, for I have the Spirit of Christ within me.

I do not depend on other persons, nor do I encourage other persons to depend on me. Rather, I depend on the Christ Spirit within me, and I pray for other persons to depend on the Christ Spirit within them.

If a situation appears to be unjust, I realize that there is nothing to fear. I can trust the Spirit of the Christ, working in each person concerned, to inspire him to deal justly with every other person concerned.

If a circumstance is challenging, I remember that through Christ in me I am equipped to meet life courageously. When I meet life this way, nothing can burden me. I walk with a light step and a happy heart.

If there are changes that shake my faith, I turn to the Christ within and find a new sense of security. There is nothing to fear. Through Christ in me I meet life courageously.

♣ *The Lord is my helper; I will not fear.*—HEB. 13:6.

Friday

OCTOBER 9

"BLESSED ARE THEY THAT MOURN: FOR THEY SHALL BE COMFORTED."

WE MOURN because we feel that someone we love has passed forever from us. We are comforted as we come to see and know that in God there is no loss, no death, that in God there is only life—everlasting, eternal, unending. We do not mourn the living; and in God there are only the living. That we do not understand all things does not change the changeless. That humanly we cannot see beyond the finite does not limit the illimitable.

The love that causes us to grieve is the same love that can cause us to rejoice that our dear ones are never apart from life, never separated from God, forever held in the circle of His life and love. With this knowledge we are comforted, we rise up strong in faith, we exchange sorrow for solace. With this knowledge we keep faith in life, faith in God.

God is in us. God is in all, and His Spirit within us is our life, our peace, and our eternal comfort. God blesses and strengthens us.

♣ *Blessed are they that mourn: for they shall be comforted.*—MATT. 5:4.

OCTOBER 10

Saturday

I ACKNOWLEDGE GOD IN ALL MY WAYS, AND
HE DIRECTS MY PATH.

BECAUSE I set God before me each day and acknowledge Him as the Lord of my life, I am assured of a perfect solution to every problem. I know that God leads me, God directs my path.

If I have a difficult decision to make, if I need to know what to do, I acknowledge the presence and the power of God in my life. I say over and over again: "I acknowledge You, dear Father, God, in all my ways. I trust You to reveal to me the steps to take to arrive at the perfect solution to each problem. I know that You are with me, counseling me, giving me the strength to do that which You would have me do. Lead me, Father; direct my path."

As I remain quiet, poised, secure in my faith, all worry, tension, and fear drop from me. I am one with God. I sense His love for me. I am quickened to His divine direction. I am assured that I will fulfill His good purposes for me.

*In all thy ways acknowledge him,
And he will direct thy paths.*

—PROV. 3:6.

Sunday

OCTOBER 11

I ENTER INTO THE SPIRIT OF UNITY WITH
EVERYONE I MEET.

THE CHRIST Spirit that is working in me and through me is working in and through my loved ones, my friends, my neighbors, my business associates. The same Christ Spirit, that is working in me and through me, is working in and through the man who lives in a land half-way around the world. Each one of us is equally important to God, equally important to the unfoldment of God's perfect creation.

As I enter into the spirit of unity with everyone I meet, I am no longer separated from them by differences of language, environment, education, creed, or color. As I enter into the spirit of unity with everyone I meet, it is easy to enter into a unity with those I can never know in a personal way. As I recognize the Christ in each person, and as each person recognizes the Christ in me, we have a perfect meeting ground. We realize we have the same mind, share the same love, and we are in perfect accord. There is no sense of separation, no sense of competition, only a sense of unity.

♣ *That ye be of the same mind, having the same love, being of one accord, of one mind.—PHIL. 2:2.*

OCTOBER 12

Monday

PEACE, BE STILL.

I CENTER my attention on the presence of God within me. I still my thoughts. I relax my body. "Peace, be still." I speak these words to my mind, to my emotions, to every organ and function of my body.

Peace of mind brings me into harmony with people, situations, and circumstances. Peace in my emotions brings adjustment, right reactions, and healthy attitudes. Peace in my body brings wholeness, freedom, and perfection.

I center my attention on the presence of God within me. I acquaint myself with God. He is unchanging. He is eternal. His peace is my peace.

Since God's peace is my peace, there can be peace in my life, peace in my affairs, peace in my world. "Peace, be still." I speak these words where there seems to be a need for peace. I speak these words from a peace-filled heart and I see there is peace, peace, wonder-working peace.

I center my attention on the presence of God within me and nothing can disturb the calm peace of my soul.

♣ *Acquaint now thyself with him, and be at peace.*
—JOB 22:21.

Because You Are



God's Child

ELIZABETH LANDEWEER



When I start feeling poor,
God tells me I am wrong,
Because I have a purse
That holds a golden song;
He tells me I am rich
Beyond my fondest dreams.
With music everywhere
Along the fields and streams,
So where the plover soars,
And where the blackbirds trill,
I go to gather notes
And store them in my till;
I fill my pockets full
And where the willow dips,
I cut a poets' pipe,
And put it to my lips
And, oh, what joy to blow
My thanks to God in verse!
You too are ever-blessed,
And have a wealthy purse.
See, in your hand there lies
Some gift as rare as gold,
Some precious shining thing,
Your own, to have and hold,
Its radiance undimmed,
Its magic never dull,
Because you are God's child,
And He is wonderful!

Tuesday

OCTOBER 13

I DO NOT RESIST GROWTH OR PROGRESS. I AM ONE WITH THE EVER-RENEWING, EVER-UNFOLDING LIFE OF GOD.

LIFE IS growth and change and progress. Life does not stand still, and we cannot stand still if we want to be a continuing part of life. If we cling to the past, if we try to keep our lives in a pattern of sameness, if we resist growth or change in ourselves or in others, we find that life passes us by. We are spectators rather than participants in life.

We do not want to get into set or limited patterns of thought. We do not want to cease to grow and to unfold. We do not want to lose our sense of wonder and joy, our power of imagination, our ability to express. We keep ourselves alive and growing, we keep ourselves in the flowing stream of God's life, by keeping ourselves in tune and in touch with God through prayer. Our flexibility of mind and heart keeps us flexible in our attitudes, keeps us open to new ways of life, willing to follow new paths and conform to new patterns, willing to be a part of growth and progress.

✦ *If any man is in Christ, he is a new creature: the old things are passed away.*—II COR. 5:17.

OCTOBER 14

Wednesday

I REJOICE AND GIVE THANKS THAT THERE
IS AN ALL-SUFFICIENCY OF ALL GOOD THINGS
FOR EVERYONE.

I AM NEVER envious of another person's good, because I realize that in God's kingdom of love there is a sufficiency of all good things for everyone. In the Unity hymnal we find these words:

"Mine not to envy another's good,
Nor to deprive him if I could;
Trusting and resting, I can be
Sure that my own will come to me!"

No one can deprive me of that which is rightfully mine, and I cannot deprive anyone of that which is rightfully his. The wisdom of God can be trusted to bring into the life of each individual that which is for his highest good. I only want for myself that which in God's wisdom is right and good for me.

I am grateful for the blessings now outpouring upon me, and I am grateful for the blessings I see others receiving. I rejoice and give thanks that there is an all-sufficiency of all good things for everyone.

* *Love envieth not.*—I COR. 13:4.

Thursday

OCTOBER 15

GOD BLESSES MY EYES, AND I SEE EASILY AND CLEARLY.

MANY TIMES we in Silent Unity—who are praying these prayers with you—use a statement, like the one given above, for our eyes. We need perfect and clear eyesight in order to serve you. We want to see easily so that we can quickly and lovingly answer the prayer requests that come to our attention.

We know that just as our eyes respond to the blessing that we give them, your eyes will respond to the blessing that you give them. If you enjoy reading, if your work calls for much attention to written details or to figures, if there are other challenges for your eyes, bless them.

Do not let yourself fall into accepting negative ideas concerning your eyesight. Do not let the thought of stress, or of age, or of imperfection enter in and keep you from having the vision you need and desire.

If your eyes are serving you in the way they should serve you, bless them for this service. If your eyes need to see more easily and clearly, bless them and remember that God blesses them.

♣ *Blessed are your eyes, for they see.*—MATT. 13:16.

OCTOBER 16

Friday

I THANK MY GOD THAT I AM NEVER ALONE.
HE IS ALWAYS WITH ME.

“**B**E STRONG and of a good courage . . . for Jehovah thy God, he it is that doth go with thee.”

God gave this promise to His people. He gave this promise of security, of guidance, of protection, this promise that speaks of His love, a love that fills each life, a love without limit or end.

God gave this promise to you. This loving devotion is yours!

From the beginning God has promised, “Jehovah thy God . . . doth go with thee.” If you climb the highest mountain, if you sail the farthest sea, if you fly above the clouds or descend into the depths of the earth, God is with you. You cannot go where He is not. He is with you wherever you are. His love guides your way, protects you, fulfills your every need. His love makes the sunshine brighter; it makes your days happier; it makes your nights more peaceful.

You need never feel alone, afraid, or unsure. You can always know that God is with you.

♣ *Be strong and of a good courage . . . for Jehovah thy God, he it is that doth go with thee.—DEUT. 31:6.*

MY MIND IS A MAGNET FOR RICH IDEAS, AND
MY LIFE IS FILLED WITH SUCCESS AND PROSPERITY.

HAVE YOU felt limited in your finances? Have you thought that somehow you have not fulfilled all your expectations for success? If you have, perhaps you need to follow Charles Fillmore's suggestion: "Declare often that your mind is a magnet for rich ideas. Affirm that every thought of need in your mind is balanced by a thought of supply."

Do not limit yourself to special values, do not bind yourself to particular quantities, do not set certain figures as a measuring cup for your success and prosperity.

Your mind is a magnet for rich ideas. Such ideas pay no heed to appearances, they do not accept any bondage to business trends. Rich ideas always find a way of expression. If you have thought of yourself as lacking any good thing, affirm that every thought of need is balanced by a thought of supply. Such an approach will bring you the success and prosperity that are meant for you as a child of God.

♣ *God made him to prosper.*—II CHRON. 26:5.

OCTOBER 18

Sunday

GOD RULES HIS UNIVERSE, AND WEATHER
CONDITIONS ARE ORDERLY.

I DO NOT resist changes in the weather. I do not complain about or find fault with weather conditions. I bless the weather and I come into perfect agreement with weather conditions.

When the weather seems to threaten the safety of people or of property, I take a positive stand that God rules His universe and all is in order. I speak a faith-filled word to my own self to establish myself in a poised and calm spirit. I speak a faith-filled word to the persons around me who may be disturbed or concerned. I speak a faith-filled word to the weather itself.

In the heart of God there is an understanding of what is needed for His good earth. He knows where there is a need for moisture, a need for sunshine, a need for changing temperatures, a need for winds to blow, and a need for calm.

I do not pray for God to change weather conditions for me. I pray for a right attitude toward the weather and for God's order in the weather.

Thou crownest the year with thy goodness.

—PSALMS 65:11.

Monday

OCTOBER 19

THERE IS A SPIRIT IN ME, AND THE INSPIRATION OF THE ALMIGHTY GIVES ME UNDERSTANDING.

“**M**ULTITUDES, MULTITUDES in the valley of decision.” Sometimes it may seem that our life is a “valley of decision” and we may find it difficult to make decisions, to overcome doubtful, fearful, or indecisive states of mind. Many paths open to us, many choices are offered to us, even in the ordinary details of everyday living. How shall we choose what is best? How shall we know what is right for us? How shall we act decisively for our good and for the good of others?

There is a Spirit in us that knows the way. There is a Spirit in us that unerringly chooses wisely and rightly if we open ourselves to inspiration and guidance. “There is a spirit in man, and the breath of the Almighty giveth them understanding.” This Spirit gives understanding to the multitudes of our thoughts. This Spirit brings peace to the multitudes of our feelings and emotions. This Spirit takes us up out of the valley into the high place of spiritual power.

♣ *There is a spirit in man.*—JOB 32:8.

OCTOBER 20

Tuesday

TODAY I JUDGE NOT, I CONDEMN NOT. I RELEASE ANY BINDING OR UNFORGIVING THOUGHTS I HAVE HELD ABOUT ANYONE.

JUDGE NOT, and ye shall not be judged: and condemn not, and ye shall not be condemned: release, and ye shall be released." Here is a clear-cut formula for peace of mind and heart, and for harmony in human relations. It is a formula that sounds so simple that we say of it, "Yes, of course." But while it is a simple formula, it is not necessarily an easy one; for to follow through on it demands dedication of our every thought and feeling, our every word and act to the principle of love.

To try, for even one day, not to judge others, not to condemn others, not to hold others in binding thoughts of unforgiveness will give us enough of an insight into the impact of such an attitude as to prove its worth to us. Jesus was not asking the impossible of us when He gave us such a formula, for He knew the great power for good that is in us and the great capacity for love that is ours.

♣ *Be ye merciful, even as your Father is merciful.*
—LUKE 6:36.

Wednesday

OCTOBER 21

TODAY I TAKE TIME TO VOICE MY APPROVAL
AND EXPRESS MY APPRECIATION.

OFTEN IN the rush and hurry of our day's activities we become so preoccupied with the things that we are doing, we forget to pause occasionally and speak a word of praise and loving appreciation.

A word of praise can mean so much to the people with whom we live, work, and share our life. A word of recognition of another person's efforts, voiced approval of another person's ideas, can do much to encourage and stimulate creative activity and harmonious relationships.

Let us resolve today to express more appreciation to everyone we contact. Let us not hesitate to say, "That is a good idea." "You are doing an excellent job." "I do appreciate all that you contribute to my happiness." Or simply and sincerely, let us say, "Thank you."

As we voice our approval and our appreciation, we find that other persons will be stimulated to express approval and appreciation of us and there will be a better feeling in all our hearts.

♣ *Let your speech be always with grace, seasoned with salt.*—COL. 4:6.

OCTOBER 22

Thursday

GOD IS MY SUPPLY AND SUPPORT. I TRUST HIM TO PROSPER ME ABUNDANTLY.

WHETHER you are, wherever you are, whatever you are doing, it is God's will for you to be prosperous. You have this assurance in the words of Jesus: "Your Father knoweth that ye have need of these things. . . . it is your Father's good pleasure to give you the kingdom."

We cannot picture Jesus burdened with thoughts of fear, lack, or anxiety; we should not be burdened with such thoughts. Jesus knew God as His all-providing resource; we can know God as our all-providing resource. Jesus kept close to God in faithful prayer; we can keep close to God in faithful prayer.

Prayer helps us to center our thoughts on God. When our thoughts are God-centered we have taken the first step toward being prospered. Through prayer we make ourselves channels for the expression of our God-given talents and abilities. Through prayer we attract our own good to us.

♣ *And my God shall supply every need of yours according to his riches in glory in Christ Jesus.*—PHIL. 4:19.

Friday

OCTOBER 23

THIS IS AN ETERNAL DAY IN AN ETERNAL TIME, AND I AM AN ETERNAL BEING IN GOD.

I LOOK at myself and my world today from the standpoint of the eternal. What is eternity? It is the now. What is the now? It is eternity. This life I live is the eternal life of God, without beginning or end, ceaselessly flowing, continuous and constant in God. This world that I see about me is an eternal world, changing in form and in content, but eternal in quality.

The breath I breathe is the eternal breath; the power I feel is the eternal power; the love that stirs in my heart is from the eternal heart; the peace I possess is from the eternal presence; the substance that supports me is the eternal substance; the wisdom that inspires me is from the eternal mind.

Something in me is beyond time or space, is ageless and deathless. Something in me knows, as Jesus knew, that the Father and I were one before ever the world was.

I live and move and have my being in eternal being now. This is an eternal day in an eternal time, and I am an eternal being in God.

♣ *He hath set eternity in their heart.*—ECCLES. 3:11.

I PUT GOD FIRST IN MY LIFE.

MY MIND is divinely ordered, and my life and affairs are divinely ordered. This order is established as I acknowledge God first in all that concerns me.

As I put God first in my life, as I unify myself with Him, how can I lose or misplace any form of good? How can I feel at a loss? How can I be any place but in my own right place?

As I put God first in my life, I am always at ease, I am always quietly confident. Knowing that I am one with God, I know that He inspires me to speak the right words and to take the right action.

As I put God first in my life, I can never be separated from the things that should be mine. I can never be separated from the persons who should be a part of my life's experiences. I can soar fearlessly into the heavens or delve trustingly into the depths of the earth or sea. As I put God first in my life, I can walk alone yet not be lonely; I can mingle with multitudes yet not feel lost. Today, and every day, I put God first in my life.

*Whither shall I go from thy Spirit?
Or whither shall I flee from thy presence?*

—PSALMS 139:7.

Sunday

OCTOBER 25

THROUGH THE FREEING POWER OF CHRIST
IN ME I GAIN COMPLETE FREEDOM FROM ALL
LIMITING CONDITIONS.

THE SPIRIT of Christ in me is mightier than any limiting condition. No chain of negative thought, detrimental habits, or emotional instability can bind me.

Through the freeing Spirit of Christ in me I am given the strength of will, the power of persistence, to rise victorious out of every limiting condition.

When I realize that I do not have to face challenges alone, that I have within me the Christ Spirit, I am able to take command of myself and of the conditions of my life. I know that I have the strength of Christ to strengthen me. It is never a matter of struggling or of fighting, rather it is a matter of remembering that power and authority has been given me, the power and authority of the Christ Spirit.

Through the freeing power of the Christ in me I gain complete freedom from all limiting conditions.

✦ *Thanks be to God, who giveth us the victory.*—I COR. 15:57.

OCTOBER 26

Monday

I BELIEVE IN AND EXPECT MIRACLES OF
HEALING.

MIRACLES of healing are continually occurring. Why? Because life and health and wholeness are the nature and the will of God in us. The inherent pattern in us is one of perfection. When we pray for healing we do not pray for God to intervene and change some appearance of ill health or disease. We pray for our own quickening spiritually so that we may lay hold of the eternal life of Spirit present within us, so that we may release this life through every cell of our body. There is only one life, God life, and this is the life we are experiencing right at this moment.

It does not matter what the condition or the appearance, nor how long standing it is or how it has been diagnosed or designated by man. The Truth remains that health is our birthright, health is our heritage. Health is what we affirm; health is what we proclaim; health is what we expect. A miracle of healing is always possible because the miracle-working, life-giving power of God is mighty within us. Let us have faith!

♣ *Thy faith hath made thee whole.*—LUKE 18:42.

Tuesday

OCTOBER 27

I LET GO AND LET THE PEACE OF CHRIST POSSESS ME. MY MIND IS RENEWED, AND MY BODY IS RESTORED.

WHEN NATURE rests, between the seasons, God is working in wonderful ways for a beautiful and a bountiful awakening in the spring of the year. Even so, you—God's beloved—receive a blessing when you rest, when you let go, and when you let God bring forth the Christ in and through you.

Rest comes to us in many ways. Rest comes as we sleep; it comes as we relax; it comes as we change our activities. But a good part of all rest lies in letting go. When we hold fast to worries, to frustrations, to ill will, to fear, we cannot rest.

We need to forget all that should be forgotten. We need to put out of our mind all that is disquieting. We need to let go and let the peace of Christ possess us. As we do this all resistance vanishes, our mind is renewed and our body is restored.

*In peace will I both lay me down and sleep;
For thou, Jehovah, alone makest me dwell in safety.*
—PSALMS 4:8.

OCTOBER 28

Wednesday

I WELCOME LIFE, AND LIFE BLESSES ME.

ARE YOU interested in life and in living? We believe that you are! We believe that you are reading this lesson, assimilating these ideas, because you are interested in life and we believe that you "present yourself unto God, as alive."

But sometimes we allow ourselves to settle down into a pattern of living that, though enjoyable, is not very elastic. If our way of life is completely satisfying to us, if it affords us room for spiritual growth, then we do not need to make changes. But, if we would like to stretch our mind and our spirit and explore new ideas and concepts, if we would express God's love and light better by knowing more of His people and understanding more of their ways, let us not confine ourselves to a set pattern.

Let us be willing to make changes. It is never too late to welcome expanding ideas. Wherever we are, whoever we are, whatever we are doing, if we are interested in life and living, we have something to give. As we present ourselves to God we will know what that something is.

♣ *Present yourselves unto God, as alive.*—ROM. 6:13.

Thursday

OCTOBER 29

I SPEAK ONLY GOOD WORDS TODAY.

WHEREVER I am today—at home, at work, traveling, visiting—I will speak only words that will bless the person who hears them. I know that the words I speak can cement family relationships, can build firmer friendships, can even bless strangers who might hear them in passing.

If I am in doubt today as to when to speak, I will turn to God and let His wisdom guide me. When His wisdom guides me I will not speak unkind or thoughtless words that I will later regret. When His wisdom guides me I will not remain silent when I should speak a loving, cheerful word to encourage and uplift.

Today I will speak only good words. They will be words of life, love, and truth. They will be words free from criticism or condemnation. They will be words spoken from my heart, a heart that knows, feels, and expresses God's good. They will be words powerful to accomplish their good work. They will be words that inspire and strengthen, words God's loving Spirit prompts me to speak.

I speak only good words today.

♣ *I have put my words in thy mouth.—ISA. 51:16.*

OCTOBER 30

Friday

THERE IS BUT ONE PRESENCE AND ONE
POWER IN THE WORLD, GOD THE GOOD
OMNIPOTENT.

HAVE YOU ever noticed that when you think of praying for yourself and for your needs to be taken care of, you just naturally, and almost at the same moment, want to pray for someone else, too? Then as your thoughts go out to the needs of that person and as you pray for him, you think of still another person who needs a blessing. Perhaps this is so because it is in the heart of men to help one another.

Prayer is a universal solvent. It dissolves all superficial barriers. Nothing that is unlike God, the good, can remain where the cleansing power of prayer is set to work.

If we would have understanding for our fellow man, if we would have equality among men, if we would enter into an exchange of ideas, if we would have a world where the good of all is uppermost in our mind, prayer will help us. As we pray for world affairs, for world leaders, for all that will be of mutual benefit to men everywhere, we are letting God have His way with our heart.

♣ *For ye all are one man.*—GAL. 3:28.

Saturday

OCTOBER 31

I HAVE THE MIND IN ME WHICH WAS ALSO
IN CHRIST JESUS.

IF CIRCUMSTANCES perplex or bewilder me, if it is difficult for me to understand some person's ways, if I am unsure about a course of action, or if I am concerned with a subject that I am studying, I remind myself of Paul's urging: "Have this mind in you, which was also in Christ Jesus."

Like all God's gifts to me, this mind, the Mind of Christ, only awaits my recognition, acceptance, and use. As I recognize that I have this mind in me that was in Christ Jesus, I am set free from any sense of confusion or anxiety. As I accept the Christ Mind as my mind, infinite wisdom reveals to me the things that I should do. As I use this Mind of Christ, I understand people, I am assured of a right course of action, and I am able to apply myself to the subject that I am studying.

Even as I recognize that I have the Mind of Christ in me, I recognize that all men have this same mind in them. As I pray to accept and use this mind, I pray for all men to accept and to use the Mind of Christ.

♣ *Light shall shine out of darkness.*—II COR. 4:6.

Will You Help Us by Renewing Early?

During the busy Christmas season nearly 350,000 subscriptions will expire, at a time when our office already has large piles of Christmas orders to handle.

Will you help us? Will you send-in your advance renewal order now, if your subscription will expire at any time within the next few months so that we can handle it before the rush season? (You will find the expiration date on the wrapper.)

Your renewing now will be appreciated by all of us at Unity School, for it will enable us to make some other person happy on Christmas morning by sending his Unity gift subscription on time. Thank you for your help.

Thanksgiving and Christmas Retreats

Would you like to spend your Thanksgiving or Christmas in a different and inspiring way? Then make plans to attend the Thanksgiving or the Christmas Retreat at Unity Village. The special meetings, times of prayer and meditation, and Christian fellowship will give your holiday a truly spiritual meaning and make it a memorable time in your life. The Thanksgiving Retreat will be held from November 22 to November 27, and the Christmas Retreat from December 20 to December 26. For further information or reservations, write: Director, Unity Retreats, Lee's Summit, Missouri.

START YOUR CHRISTMAS FUND NOW FOR GIFTS OF UNITY LITERATURE

A friend in California writes: "The Prosperity Bank plan is wonderful! The ideas that flow in through it are amazing. This is the first year that we have had a Christmas Fund—we always thought it was impossible for us before."

Many friends find it helpful to order a Prosperity Bank about this time of the year to save for their Christmas gift order of Unity literature. Not only do they have the money already saved to pay for their order at the proper time, but the practice in daily faith, and the prayers shared with Silent Unity help them demonstrate abundance for the many other financial needs of the Christmas season. If you would like a Prosperity Bank, just fill out and mail the coupon below today. Please **PRINT** your name and address.

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YOU NEED NOT BE LONELY

Loneliness is a problem that many of us have to face at one time or another. Especially in a time of bereavement does this problem loom large to us, but it can be solved.

The article "Let Us Walk with God," by Esther Freshman, which appears in the October number of *Unity* magazine, tells the true story of a woman who seemed unable to adjust to life after the passing of her husband. After moving to a southern coastal town, she found herself miles away from her children and their families, lonely and yet shunning all forms of social activities. Her solution to her problem will help you, and the article goes on to give many practical suggestions for overcoming loneliness, not only in bereavement but whenever it may occur.

Each monthly issue of *Unity* includes articles of help and inspiration by well-known Unity authors, material from Charles Fillmore's writing, poems, outstanding feature departments, and a beautiful cover photograph in full color. A full year's subscription for *Unity* is \$2. Order yours today, and ask that it begin with the October number.



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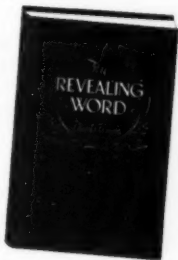
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Singing Stream

JAMES DILLET FREEMAN

God, as a stream must seek the sea
I have to seek You constantly.
I seem to take an aimless course,
But I am driven by a force
That will not let me rest or stay;
I have to be upon Your way,
And am not halted by the shocks
Of time or life's ten thousand rocks.
Yet like a stream meandering
I run, and while I run I sing,
And pray that one or two along
The way I take may like my song
And one or two athirst may slake
Their thirst in me; and so I make
My way across eternity
To You, O God, as to the sea.

